



# Join us in Celebrating

## National Health Education Week

### October 12-18, 2008



The South Carolina DHEC Office of Public Health Education, the SC Association for the Advancement of Health Education (SCAAHE), the SC Public Health Association - Health Education Section, the SC Department of Education Healthy Schools and the SC Campaign to Prevent Teen Pregnancy have come together to celebrate National Health Education Week 2008 (NHEW).

This year's theme is, **"Healthy Aging: Living Long Living Well"**. The aging process begins at birth. Access to health services and preventive health practices throughout the life span are critical in preventing or minimizing the impact of acute and chronic diseases. Evidenced-based prevention programs empower older people to take more control over their own health. Healthy aging is most easily achieved when physical environments and communities are safe and support the adoption and maintenance of healthy attitudes and behaviors.

For more information, go to [www.cdc.gov/aging/saha](http://www.cdc.gov/aging/saha) or <http://www.state.sc.us/ltgov/aging/Seniors/HealthAndWellness.html>.

Health promotion and education professionals, and the organizations listed contribute in various ways to healthier families and communities. For more information about NHEW 2008, go to [www.sophe.org](http://www.sophe.org).

Enclosed is:

- \* Proclamation from the Governor announcing October 12<sup>th</sup>-18<sup>th</sup> as National Health Education Week
- \* A free gift as a thank you for all of your health promotion efforts



South Carolina  
Department of Education

Together, we can.

